

IN-WISEWOMAN Frequently Asked Questions

What services does the IN-WISEWOMAN program provide?

IN-WISEWOMAN program offers free or low-cost health screenings, such as:

- Blood pressure testing
- Cholesterol testing
- Glucose (blood sugar) or glycosolated hemoglobin (A1c) testing for pre-diabetes and diabetes

The IN-WISEWOMAN program also provides services to help women improve their blood pressure, cholesterol, and blood sugar levels, such as:

- Nutrition education
- Physical activity information
- Doctor referrals
- Stop-smoking programs

What makes this program special?

The IN-WISEWOMAN program will help raise your awareness of your overall health status, and provide resources for better eating habits and increased physical activity.

Who can join the IN-WISEWOMAN program?

If you can answer yes to all of the following questions, you may be able to join the IN-WISEWOMAN program.

- Are you already participating in the Indiana Breast and Cervical Cancer Program (IN-BCCP)?
- Are you uninsured?
- Are you eligible for Medicare, but are unable to pay the premium to enroll in Medicare Part B?

How can I join the IN-WISEWOMAN program?

There are three regional offices located in the state of Indiana that offer the IN-WISEWOMAN program. If you are interested in enrolling, please contact a regional coordinator in your area:

Northwestern Region

Lake, LaPorte and Porter Counties

BCCP Coordinator: Quinnesia Mayfield-Bell

(219) 844-2698 Ext. 103

Lifestyle Intervention Counselor: Vanessa Pulido

(219) 844-2698 Ext. 104

vpulido@hvusa.org

Northeastern Region

DeKalb, Elkhart, Fulton, Kosciusko, LaGrange, Marshall, Noble, St. Joseph, Starke and Stueben Counties

BCCP Coordinator: Mary Heck

(574) 247-6053

Lifestyle Intervention Counselor: Julie Englert

(574) 247-6047 Ext. 121

jenglert@uhs-in.org

Western Region

Tippecanoe County

BCCP Coordinator: Heidi Kauffman

(765) 742-4375

hkauffman@ywcalafayette.org